SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 11th April 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 11 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Thu 12 **Beckenham Assembly League**
Start 7:15

Tue 17 **Track Session with Steve Smythe** see below
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, £2.55

For previous editions of SHORTS go to:
http://www.dulwichrunners.org.uk/newsletter.html

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

Track Sessions at Ladywell

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:55.
Pay at desk on entrance to track Sessions start at 7pm and are suitable for all abilities.
Location http://g.co/maps/sqrjq

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house, so please remember to pay when you sign in. Thanks. – Ros

LUCKY VEST- This Wednesday

Don't forget to wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening

Vests/kit – a selection of tops is always available at the club on Wednesday nights (£15 each)

In your *SHORTS* this week !

2 Fixture List
4 Relays
5… Race reports & results
6 World Masters, Finland
9 Marathon day dreamer Pt 4
10 Wednesday Night Map to print

And much more !

---------- EVENT HORIZON ---------

A brief look ahead

Apr 12 Assembly league , Beckenham
Apr 22 London Marathon
May 3 Assembly League Blackheath
full fixture list & info page 2

NEW RUNNERS ROTA

Thanks to **Cameron Timmis** and **Anna Thomas** for taking out new runners last week. If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Mick Ward	11/04
Steve Wehrle	18/04
Kevin Wood	25/04
Clare Wyngard	02/05

Wednesday Running Maps

On page 10 in SHORTS you will find a copy of the map for this weeks runs.
Although there will still be some available at the clubhouse , it would help if you can print your own copy and bring it with you.
If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

CLUB FIXTURES 2011/12 - Club Champs , XCountry etc.

Date			Event		Venue
Apr	Thu	12	Beckenham Assembly League		Beckenham start 7:15
	Sun	22	Marathon	L	London or alternative
May	Thu	3	Blackheath Assembly League		Blackheath Park start 7:30
	Sun	6	1066 Relay		
		19/20	Green Belt Relays		
Jun	Thu	7	Victoria Pk. Assembly League		Victoria Pk, Hackney start 7:30
		9/10	Welsh Castles Relays		
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Battersea Park Assembly League		Battersea Park start 7:30
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Dulwich Pk Assembly League		Dulwich Park start 7:30
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Beckenham Assembly League		Beckenham start 7:15
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

MEN'S SURREY LEAGUE CROSS COUNTRY 2012/13

Dates and provisional venues have now been agreed for next season's Surrey League cross country.

These are:

20 October, Lightwater

10 November, Roundshaw Down

12 January, Cranford

9 February, Wimbledon Common

The dates for the women's fixtures will be the same, apart from the second one which is likely to be on 1 December. Venues to be confirmed, though the final match will be at Denbigh's Vineyard. – Mike

DULWICH RUNNERS 2012 CLUB CHAMPS

The races comprising the 2012 club champs have been selected. Dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

SWEATSHOP DISCOUNT VOUCHERS

Sweatshop Clapham is offering club members a 20% discount on all its product range.

This will be available at its Clapham store in Voltaire Road until 14 April. Vouchers will be available at the club on Wednesday nights

ASSEMBLY LEAGUE: FIRST FIXTURE 12 APRIL

UPDATE The first of the summer season of Assembly League races takes place on Thursday 12 April at Beckenham, starting at 7.15pm. Numbers can be collected at Beckenham Cricket Club, Foxgrove Road, close to the start.

The club pays for the subscription, so these races are free of charge to runners. A number of other venues have been changed this year and are listed below. Note that the remaining races start at 7.30pm, with the exception of the final fixture at Beckenham, which reverts to a 7.15pm start. *Mike*

- 12 April, Beckenham
- 3 May, Blackheath Park
- 7 June, Victoria Park, Hackney
- 5 July, Battersea Park
- 2 August, Dulwich Park
- 6 September, Beckenham

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.

Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.

Just give me your name by 7:10

Don't just sit there salivating…join in ! – **Ros**

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

Further update: As well as the Wimbledon 5k being moved to Saturday 11th August to avoid clashing with the Olympics Men's Marathon, the Dorking 10 miles has been moved to Sunday 10 June to avoid upstaging some other celebration. The Richmond Half is officially full, but a few places have been made available for members of Surrey clubs. Contact me for details. - *Charlie Lound* *chas.lound@btinternet.com*

Kent Grand Prix and Championship Races

6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

Dulwich lie 14th after 2 races in the Kent grand prix (Canterbury 10, Thanet 20) in both men and women's events – full results in spreadsheet sent with SHORTS

1066 RELAY, 6 MAY

A list of the composition of the 6 teams entered for the 1066 Relay, together with provisional leg allocations is included below. If anyone who has requested to take part is missing from the list or if anyone else would like to take part, please let me know as soon as possible.

Also if any of you have to withdraw as a result of injuries, please inform the Relayers Team as soon as you know. If numbers change, it is possible that there could be some doubling up with runners competing for 2 teams (allowable under the rules), as well as some reallocation of legs. A request for volunteers willing to run 2 legs, if necessary, has already been sent to those competing. *The Relayers Team*

PROVISIONAL TEAMS AND STAGE ALLOCATION

Team 1 (SW)		**Team 2 (SM1)**		**Team 3 (MV1)**	
Alexie Shaw	2	Mike Williams	4	Gary Sullivan	1 or 5
Emma Ibell	4	James Godber	1 or 5	Mike Mann	1 or 5
Sue Cooper	3	Wayne Lashley	2	Chris Loizou	2
Mel Edwards	1 or 5	David Beaver	1 or 5	Steve Williams	4
Kim Hainsworth	1 or 5	John Fletcher	3	Russell Daker	3
Team 4 (FV)		**Team 5 (SM2)**		**Team 6 (MV2) from**	
Angie Norris	2	Jozef Danko	1 or 5	Andy Murray	2
Louisa Prichard	1 or 5	Jose Barretta	2	Ian Sesnan	1 or 5
Claire Tinker	4	Ebe Prill	4	Colin Frith	1 or 5
Stephanie Burchill	3	Martin Morley	1 or 5	Ameet Patel	1 or 5
Jo Shelton	1 or 5	Alastair Young	3	Joe Brady	4
				Lloyd Cater	3

Stages

1- Pevensey to Herstmonceux 6.42m **2 -** Herstmonceux to Battle Abbey 11.1m **3** - Battle Abbey to Kent Street 3.0m

4 - Kent Street to Icklesham 7.05m **5** - Icklesham to Rye 5.5m

GREEN BELT RELAY, 19-20 MAY

Members of the two teams entered for this year's Green Belt Relay, together with reserves, have now been selected and notified. In selecting teams we have sought to achieve a balance between those who have supported the event over the years and newcomers to the relay or club.

There are a small number of reserves for the mixed vets team and rather more for the seniors team, and we have asked reserves to keep the weekend free, if at all possible, as past experience indicates that we will need to draw on some of them. If anyone else, who has not put their name forward and is willing to stand as a reserve, particularly for the mixed vets team (age 40+), please contact one of us in the Relayers Team.

BMAF relays, 14 May, Sutton Park

Thank to those of you who have been in touch about the British Masters Relays at Sutton Park, Birmingham on 14 May. This is an important and enjoyable event at which we stand a good chance of success. I will be putting in the formal entry by 14th April, so anyone else who is interested in running but not yet responded should let me know as soon as possible.

Charlie Lound
chas.lound@btinternet.com

Dulwich has six men and six women's free entries for the **BUPA London 10km on Sunday May 27** which will be the fastest and best quality 10km in Britain this year.
The fastest 6 men and women available will run for the club based on current form at time of entry closure.
Provisionally the men's 6 (Charles Lound and Ben Fairhall unavailable)will be
1 Tony Tuohy; 2 Mike Williams; 3 Tom Marshall; 4 Dave Beaver; 5 Ed Hill 6 Wayne Lashley
The Women's 6 (Catherine Lee not available) would be 1 Clare Elms; 2 Charlie Wood; 3 Ola Balme; 4 Alexie Shaw; 5 Emily Gelder plus 1 other

TRACK MEETING, 14 APRIL

For those wanting to try their hand at an early season track race, there is an opportunity at the first Herne Hill open meeting of the season at Tooting Track on the afternoon of Saturday 14 April. Races on offer include an 800m and 3000m. There are also open meetings being held by Crawley AC on 8 and 22 April. ***Mike***

Who is running the spring marathons ?

So people know who to look for & when
1. which one are you doing- with date
2. what sort of time are you aiming for
3. if you will be will wearing a Dulwich vest or if charity vest , which one

Also there will be a list on next weeks notice board for people to add to
Send to - claire.steward@kcl.ac.uk

Ola Balme
Sports & Therapeutic Massage

Spring Offer £10 off

Is your marathon training taking its toll?

Do you suffer from a sporting injury, shoulder strain, backache?

What could you benefit from?

- Deep Tissue Massage
- **Massage to alleviate muscle fatigue**
- Relaxing massage
- Massage to prevent injury
- Learning appropriate stretches and exercises
- ***Maintaining your fitness and well-being***

Ola is an experienced Sports Massage Therapist and club runner.
If you would like to know more, discuss a course of treatment or make an appointment, please call 020 8678 7205, 0750 655 4004
ola.balme@btinternet.com

Race Reports & Results

5km Results for April 4th

The Parkrun organisers encourage the wearing of club vests. So if you have one please wear it and help promote the club. Vests and other club kit can be obtained by contacting Ros ros@28kerfield.freeserve.co.uk

Bromley

Alex was disappointed to follow the sub 19 pacer who sprinted off at the start and go past and find he was 30 seconds down while Mike Fullilove was close to his PB.

17 Alex Elms		19:30
23 Mike Fullilove		19:46
65 Colin Frith		21:37
103 Martin Morley		23:07
318 finished		

Brockwell

Ola Balme was first woman with Nicola second while Ameet Patel set a PB.

17 Ola Balme	1W	20:04
21 Ebe Prill		20:26
33 Nicola Richmond	2W	21:34
47 Graham Laylee		22:32
52 Claire Steward	5W	22:58
53 Ameet Patel		23:09 (course pb)
58 Paul Keating		24:00
61 Nicola Hill	6W	24:19
130 finished		

Crystal Palace

Bumper turn-out of 11 DRs at Crystal Palace this week including Mike Williams for the very first time having moved house closer to the course recently. Mike was in a comfortable 2nd place almost exactly halfway between 1st and 3rd and Ian Sesnan set a course PB while Jane Harbage took a minute off her all time parkrun PB.

It wouldn't be a CP parkrun without some sort of foul-up on the results front, of course. This week it was just the one isolated, and rather puzzling, error I could see with Clare Wyngard, in good form but not quite that good, recorded as finishing a second behind Bob Bell when, in reality, she was a second or so ahead of husband Mike in 22.48.

All those of us finishing around the 23 minute mark, however, need to watch our backs for the fast improving pair of Jo Shelton and Jane Harbage, the latter taking advantage of the very good conditions to run another pb on this course.'

2 Mike Williams		17:53 (1st time)
4 Will Davis		18:22
11 Jozef Danko		21:21
13 Jim Dowsett		21:28
15 Ian Sesnan		22:09 (course PB)
18 Bob Bell		22:31
19 Clare Wyngard	2W	22:32
20 Mike Dodds		22:49
24 Joanne Shelton	3W	23:26
25 Jane Harbage	4W	23:38 (PB)
28 David Harbage		24:38
59 finished		

Nonsuch

Chris Vernon writes...Team Vernon set off for another new parkrun, this time at Nonsuch Park – another beauty. The course is undulating and largely offroad in the grounds of Nonsuch Palace. Being just under 2 laps there was no danger of being lapped this week!

The timing was spot on(unlike some of our local parkruns) and there was a well organised baggage area and a friendly team. I took under 30 minutes for the first time in 3 months and Sue had a good run although not winning her age group this week. An added bonus was an excellent cup of coffee and cakes near the finish. Highly recommended.

The only other Dulwich Runner was Jo Quantrill (2nd claim) but I understand that Tony T makes an occasional at this lovely venue.

Jo Quantrill (2nd claim)	23.20
Chris Vernon (3rd MV65)	29.46
Sue Vernon (2nd FV65)	32.08
192 ran	

Next week will be the first Dulwich parkrun and coincidentally it will be my 50th. Not something I was expecting to do when I started after my Everest escapade. Do come and join me for this milestone in my running career

World Masters Indoor Athletics Championships, Jyvaskyla, Finland 3-8 April

Day 0. We had an early jog around the next day's cross country course, which was a gravel footpath making a 2k circuit around a pine-covered ridge, also incorporating a lap of an outdoor track. Mid-morning it started snowing and by the end of the night about 8 inches had fallen.

Day 1. The organisers sent a snow clearing machine around the course, leaving about a 3 inch layer, which was not too slippery once run on. We used our experience at the last Surrey league, which had similar conditions . The WMA course had three sharp uphills per lap, with the down bits fairly straight so not too tricky. Ros ran in the morning in the w55-60 race. 5 w55's set off ahead but Ros only had one rival near her in the 60's and soon established a lead, extending it over the 4 laps and starting the week with a gold medal. After the ceremony Andy ran in the afternoon, coping well with the conditions and finishing first m55 Brit but behind strong teams from Ukraine, Russia and Finland.

Day 2. At indoor 800m Ros was up against top British runner Nancy Hitchmough, an Australian sprinter and a strong American, none of whom had run the previous day. Tired legs meant Ros settling for fourth place, with Nancy winning in style.

Day 3. 3000m was a better distance for Ros and she moved into the lead after a lap, tracked by two Americans, one a world record holder whose injury forced her to drop out half-way and the 3rd placer in the 800m. Ros couldn't go with her acceleration on the last lap but won a clear silver.

Fast & Furious Duathlon, Eynsford, April 1

Neither fit enough to tackle Paddock Wood, Tony came fourth overall and second Vet and Clare won very easily in a slightly lower key event than normal.

4 Tony Tuohy	68:44
14 Clare Elms 1W	74:18
54 finished	

Crystal Palace Canter 5K 3rd April

2 Neville Webb	19.55
5 Graham Laylee	23.33

Day 6. Ros and Nancy versus the two Americans at 1500m. This time Ros was able to run a strong pace behind Nancy and the recovered record breaker and shake off the other American to add a bronze medal to her set. Meanwhile Andy was running a half-marathon on a cycle path round a frozen lake with the temperature fortunately above freezing in the sunny bits. He lost a bit of time in the colder middle of the race but stayed close behind m65 silver medallist Geoff Newton. Again strong Ukrainian, Russian and Finish teams were ahead of GB's m55's.

Overall a very enjoyable week with lots of races to watch indoors and a bus pass that took us to picturesque islands and peninsulas next to frozen lakes. Jyvaskyla had many architect-designed buildings , particularly on the university campus near the indoor track, and a picturesque lakefront. There was a big GB and international crowd in our hotel, including at least 2 Olympic torch bearers, one of whom a woman of over 90 competed in 5 events against a Canadian 2 years older.

8k cross country
Andy Murray 15m55 34.52
Ros Tabor 39.46 1st W60
800m Ros Tabor 2.57.51 4th W60
1500m Ros Tabor 5.45.19 3rd W60
3000m Ros Tabor 12.35.46 2nd W60
Half marathon 16m55 Andy Murray 1.29.27

Victoria Park 5, April 7

Clare Elms was first Vet and top 5 and did well to break 30 when not at her best.
Tony came close to his club M45 best of 27:42.
Mike had a solid run and was first M60 while Mel Edwards set another PB by around a minute but was probably capable of faster with a quicker first two miles.
Nb despite a hefty £12 fee (a record for a 5 mile race?), and us having 3 category winners, they didn't give any vets prizes - only the first three, mostly Africans, who got generous cash prizes.

The chip times are possibly inaccurate as overall race winner was on the front and has 8 seconds differential.

36 Tony Tuohy	27:46	(27:44 chip)
60 Clare Elms 5W	29:58	(29:53)
77 Mike Mann	31:56	(31:51)
103 Melanie Edwards	35:13	(35:08)
137 Steve Smythe	40:21	(40:16)

Marathon Day Dreamer. Pt 4

I managed to interrupt my taper this week with a few training efforts, including a last minute dash to the track to boost my running economy, vo2 max, ability to suffer, and general speed. It was only 1 session, but I think I managed to cover it all. After all, I session with Steve is worth a million! (Its like a prequel to "town of runners" down there). I also managed a run on Easter Monday to recover from my taper=drinking and eating weekend.

Training log...

15 x 400 m at track3 days of drinking over Easter +1kg weight gain6 miles at 8.00 with Grant B and Joseph D During my last run I felt 80 years old, like I had a cold, my right knee hurt, and I was out of breath. Perhaps I was also feeling a few last minute nerves. Not sure how it's going to work out on the day (sudden dip in confidence), but the weather forecast looks good at 11 C, and I think they've taken one of the hilly loops out of the course too, so both those factors should make it a bit easier than last year.

Still perhaps trying to knock around 30 minutes off my last run is a bit ambitious? Not according to Michael Williams, "I ran my first in 3.58, and my second one in 2.58!".

Not sure if anyone else from the club is doing it? If so, get in touch to meet up (ninderajay@hotmail.co.uk)

SUNDAY RUNS, RACES & REPS

Preparation for London Marathon 2012

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races

Cross Country (XC) Fixtures on Saturdays

Sunday runs at High Elms, Mile repetitions in Dulwich Park

Weeks to go!	Date	Event / Distance	Information
1	15 Apr	Easy 10m or Thames Towpath 10	High Elms 09:00 http://www.west4harriers.com/TowpathTen
Zero	**22 Apr**	**LONDON MARATHON**	**CLUB CHAMPS – MARATHON**

For more information contact Steve Wehrle or Claire Steward

for further information or questions contact steve.wehrle@immediatemedia.co.uk

Club Championships after two events, (corrected)

DULWICH RUNNERS CLUB CHAMPIONSHIPS 2012

POSITION AFTER 2 EVENTS OF 8 BEST 4 EVENTS TO COUNT 50 for first in category, 49 for 2nd etc

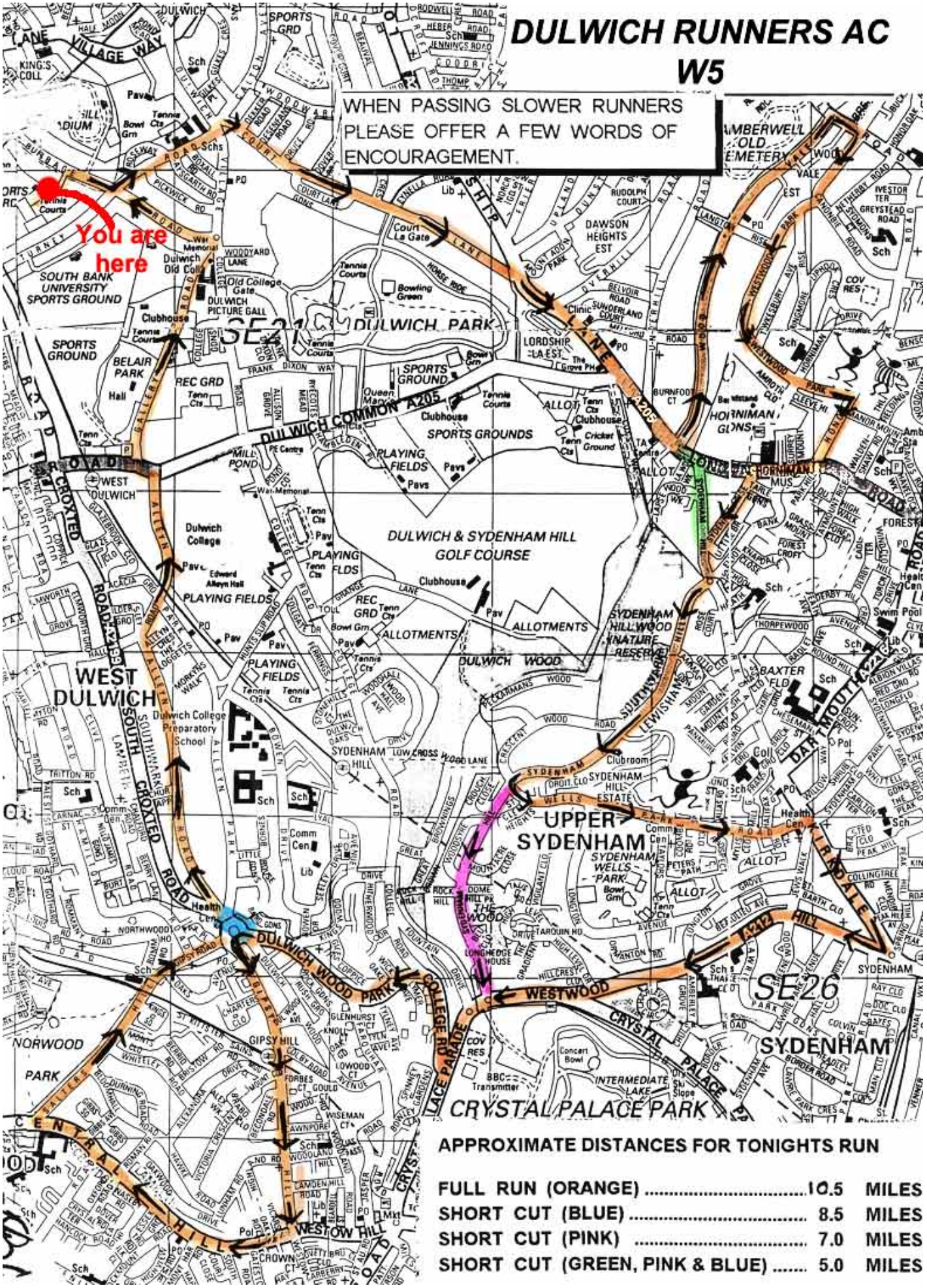
AGE CATEGORY CHAMPIONSHIPS EVENTS COMPLETED

		SHORT					LONG			
Name / Championship c	**Bromley ParkRun 5k 10 March**	**Dulwich Track 1 mile 22 Jun**	**Dulwich Park 2 mile 12 Jul**	**Elmbridge 10k 22 Jul tbc**	**Paddock Wood Half Marathon 1 Apr**	**London (or any other certified) Marathon 17 April**	**Dry Hill 10 mile 2 Sep**	**Eridge 10m trail 11 Sep**	Events completed	**TOTAL POINTS inc 1 bonus for each event**
WOMEN SENIOR										
Alexie Shaw	49				50				2	**101**
Charlie Wood	50				49				2	**101**
Melanie Edwards	47				47				2	**96**
Laura Stephens	45				48				2	**95**
Sue Cooper	46				46				2	**94**
Kim Hainsworth	48				43				2	**93**
Joanne Shelton	44				45				2	**91**
Anna Thomas	43				44				2	**89**
Carys Morgan	42				-				1	**43**
Michelle Allard	41				-				1	**42**
WOMEN V40										
Ola Balme	49				50				2	**101**
Claire Steward (50+)	45				48				2	**95**
Clare Osborne	43				47				2	**92**
Lindsey Annable	42				46				2	**90**
Clare Elms	50				-				1	**51**
Andrea Pickup					49				1	**50**
Emma Ibell	48				-				1	**49**
Nicola Richmond	47				-				1	**48**
Ros Tabor (50+)	46				-				1	**47**
Sue Rowlands					45				1	**46**
Clare Wyngard (50+)	44				-				1	**45**
Ruki Sidwha	41				-				1	**42**
Stephanie Burchill (50+)	40				-				1	**41**
Susan Vernon (50+)	39				-				1	**40**
MEN SENIOR										
Steve Ackroyd	45				43				2	**90**
Jose Barretta	47				41				2	**90**
Jozef Danko	44				40				2	**86**
Jim Dowsett	42				39				2	**83**
Tom Marshall					50				1	**51**
Ben Fairhall	50				-				1	**51**
Wayne Lashley					49				1	**50**
Mike Williams	49								1	**50**
James Godber					48				1	**49**
Edward Hill	48								1	**49**
Chris Broadbent					47				1	**48**
Rupert Nash					46				1	**47**
Alex Elms	46								1	**47**
Matt Galvin	-	-		-	45		-	-	1	**46**
Paul Devine					44				1	**45**
Oscar Hussey	43								1	**44**
Neil Daniels					42				1	**43**
Olivier Montfort					38				1	**39**
Christian Moody					37				1	**38**
MEN V40										
Charles Lound	50				50				2	**102**
Ajay Khandelwal	45				48				2	**95**
Ebe Prill	46				47				2	**95**
Duncan Wilson	47				46				2	**95**
Cameron Timmis	44				45				2	**91**
Ameet Patel	42				44				2	**88**
Jonah Albert	43				43				2	**88**
Mark Foster					49				1	**50**
Tony Tuohy	49								1	**50**
Mike Fullilove	48	-		-	-		-	-	1	**49**
Paul Keating					42				1	**43**

MEN V50										
Steve Smythe	50				49				2	**101**
Mike Mann (60+)	49				48				2	**99**
Colin Frith	44				46				2	**92**
Graham Laylee	42				45				2	**89**
Bob Bell	43				44				2	**89**
Barrie John Nicholls	39				43				2	**84**
Steve Wehrle (60+)	38				42				2	**82**
Steve Street	37				40				2	**79**
Steve Williams					50				1	**51**
Andy Murray	48								1	**49**
Chris Loizou					47				1	**48**
Gary Sullivan	47								1	**48**
Martin Morley	46								1	**47**
Ian Sesnan	45								1	**46**
Lloyd Clater					41				1	**42**
Mike Dodds	41								1	**42**
Mick Ward	40								1	**41**
John O'Byrne	36								1	**37**
Chris Vernon (60+)	35								1	**36**

DULWICH RUNNERS AC
W5

WHEN PASSING SLOWER RUNNERS PLEASE OFFER A FEW WORDS OF ENCOURAGEMENT.



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	10.5	MILES
SHORT CUT (BLUE)	8.5	MILES
SHORT CUT (PINK)	7.0	MILES
SHORT CUT (GREEN, PINK & BLUE)	5.0	MILES